

Saskatchewan FISH Cookery



**GUIDE to Cooking Saskatchewan's
High Quality FISH PRODUCTS**

Processing Our Northern Fish . . .

Pictured below is the government fish filleting plant at Beaver Lake, 175 air miles northeast of Prince Albert. Inset shows Mary Pete demonstrating how whitefish fillets are wrapped in cellophane and packed in boxes for quick freezing. Each box contains five pounds of delicious, high-quality fish.



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Delicious FISH Dishes YOU can prepare

Baked Fish Page 5

Recipes for fish baked to flaky perfection.

Boiled Fish Page 9

Follow these directions for appetizing
boiled fish dishes.

Broiled Fish Page 10

For tasty goodness, melt-in-your-mouth
flavour.

Fried Fish Page 11

Sizzling in your frying pan, fried to a
golden brown.

Fish Dishes That Are Different Page 12

"Different" dishes! Zestful and tangy--
watch the family praise.

What To Serve With Fish Page 14

Sauces and garnishes to give that extra
something to your meals

Home Canned Fish Page 15

Simple, easy-to-follow directions.

Foreword

"And they had a few small fishes: and having blessed them, He commanded to set these also before them. And they did eat, and were filled." Mark 8:7.

In those days fish was an extremely important food and it has remained so down through the ages.

Unfortunately, we in Saskatchewan have given fish less consideration than would seem advisable, in spite of the tons of it drawn annually from our lakes. Of Saskatchewan's 12,000,000 pound yearly catch, approximately 95% is exported. Consequently, our per capita consumption of fish is low.

Fish is not merely a delicacy, adding variety to our meals, but is also one of man's essential foods. It is important as a protein food, the protein being vitally important in the building of the body and also important as the mature body requires replacements for worn-out parts. The protein is almost completely digested and used. Fish also contributes important minerals and vitamins. It is introduced early into the diet of the invalid.

Foods are like people—they must be handled with care if they are to contribute their best. Fish is no exception. Careful preparation is necessary, for poor cooking can ruin any type of fish—both its palatability and its food value.

Our Saskatchewan fish market affords a great variety of opportunities for nutritious, delicious meals—meals that will be enjoyed by everyone in the family. The recipes and other data compiled by Mrs. J. L. Phelps for the "Saskatchewan FISH Cookery" meet a most important need.

I am sure that this booklet will be appreciated by every home-maker and meal-maker in Saskatchewan.

JEAN ODDIE,
Provincial Nutritionist.



What you should know **ABOUT FISH**

Things to Remember in Purchasing Fish

- Buy fresh fish when in season.
- Choose fish with firm flesh, bright gleaming skin, red gills, bulging bright eyes, firm fins, no strong odor.
- Fresh fish sinks in cold water.
- Allow $\frac{3}{4}$ to 1 pound per person if buying fish with head, tail and bones included. This is known by fishermen as "in the round." One pound of cleaned fish, fillets or steak generally serves three persons.
- Fresh frozen fish should be purchased from reliable dealers in order to insure freshness.
- Saskatchewan quick-frozen whitefish fillets are now available. Due to the quick-freezing process they retain their full flavor and food value. They come in fillets, cellophane-wrapped, ready to use.

Suggestions for the Care of Fish

- Complete the cleaning if necessary, and keep fish on ice or in a very cold place but do not allow it to freeze.
- Cover fish with wax paper to prevent the cut surfaces from drying.
- Keep fish away from other foods to prevent fish odors being absorbed.
- Allow frozen fish to thaw slowly at room temperature. Avoid soaking in cold water.
- Do not thaw and then refreeze fish.



PREPARATION of **FISH** for **COOKERY**

COVER board or table with paper before laying fish down. Remove scales by scraping a dull knife from tail to head, snapping scales off. Rinse knife in water occasionally. Wet your hands before touching fish, and any odor will come off more easily.

Dip hands in salt so that fish will not slip, and hold by tail. If inner organs have not been removed, make a lengthwise incision in belly and draw or scrape them out carefully, so that membrane that lines cavity is not broken. Remove head. Remove fins with scissors. Wash inside and out in salted water. If fish is to be kept overnight, sprinkle with salt. Handle fish carefully when cooking, as flesh falls apart easily, and have all utensils well greased, as skin sticks readily when heated.

How To Bone Fish

Clean fish and continue the cut from vent to tail. Beginning at the tail, insert a sharp knife between the flesh and back bone. Keep the knife as close to the back as possible, working towards the head, loosening the flesh along the entire side in one piece. Turn and loosen the flesh from the other side in the same way. Remove the back bone and any small bones that may be left. Spread open and wipe with dry cloth.

Methods of Cooking

The method of cooking depends on the kind and size of fish and on individual taste. Fish may be baked, broiled, fried, pan fried, boiled or steamed. Dry fish requires cooking in fat or serving with butter or a rich sauce. Fat fish may be served with a tart sauce. Small fish are best cooked in fat. **Fish requires a short cooking period.** Long cooking toughens and dries it. Fish is thoroughly cooked when the flesh separates easily or flakes when tested with a point of a knife. In boiling fish a little vinegar or lemon juice added to the water in which the fish is cooked keeps flesh white and firm.



TASTY Baked FISH

Baked Fish

Whitefish, Lake Trout, Pickerel, Northern Pike, are suitable.

Clean and bone as directed. Spread fish open and place skin side down, on a well-greased baking dish or oven glass platter. Sprinkle with salt, pepper; brush the surface with cooking oil or bacon dripping. Bake uncovered in a hot oven (450° - 550°) for 20-25 minutes, depending on thickness of fish. If desired, finely chopped onion may be spread over fish. Serve with lemon butter or garnish with sliced cucumbers.

SMOTHERED FISH STEAKS

2 fish steaks,	2 slices bacon,
1 cup milk,	$\frac{1}{2}$ teaspoon salt,
2 mild onions, sliced,	$\frac{1}{4}$ cup flour.
1 tablespoon fat,	

Combine salt and flour and sprinkle over fish. Place on bottom of greased shallow pan. Add milk and bake in a hot oven (425°) ten minutes. Brown onions in fat. Place onions and bacon on top of fish, and bake 10-12 minutes longer until fish is tender.

BAKED FISH FILLETS IN TOMATO SAUCE

1 pound Saskatchewan Whitefish Fillets,	1 teaspoon salt,
1 tablespoon minced onion,	1 teaspoon sugar,
2 tablespoons butter,	1½ cups canned tomatoes or tomato soup.

Sprinkle fish with salt and arrange in baking dish. Brown onions in butter; add tomatoes and seasoning. Pour over fish. Bake in hot oven 20 minutes.

BAKED FILLETS

1 pound Saskatchewan Whitefish Fillets for 2 people,
1/4 cup milk,
3 tablespoons butter,
3 tablespoons flour,
1/2 teaspoon lemon juice.

Wipe fish that has thawed out at room temperature and cut in pieces for serving. Place in a well greased baking dish. Sprinkle with salt. Pour milk over each piece carefully to allow it to soak in as much as possible. Melt butter and mix with flour and lemon juice. Spread this mixture over fish. Bake in an extremely hot oven (550°) for 12 to 15 minutes. The very hot oven is necessary if fish is to have delicate texture.

BAKED TROUT FOR CAMPERS

Reserve the large fish for this overnight cooking. At night, clean fish and season with salt and pepper. Roll in waxed paper, folding end in, and wrap in thick wet newspaper. Dig a trench for each fish deep enough to allow one inch of earth on top. Bury bundles, build campfire over the trenches and leave until breakfast time.

FISH AU GRATIN

2 cups left over fish, flaked,	2 tablespoons butter,
1/3 cup grated cheese,	2 tablespoons flour,
1/2 cup buttered bread crumbs,	1 1/2 cups milk.

Make white sauce of butter, flour, milk. Season to taste. Add cheese. Stir till cheese melts. Add fish and pour in greased bake dish. Sprinkle with buttered crumbs. Brown in oven.

SCALLOPED FISH

1 pound of cooled fish,	2 cups bread crumbs,
4 hard boiled eggs,	1 cup chopped onion,
1 cup chopped celery,	2 cups white sauce.

Prepare the white sauce by combining 4 tablespoons butter and 4 tablespoons flour and 2 cups milk.

Mix the fish, celery, onion, crumbs, salt together and a bit of chopped parsley if desired. Put in a greased baking dish a layer of this mixture, a layer of the sliced hard-boiled eggs. Repeat until dish is full. Cover with white sauce. Top with crumbs. Bake until brown.

BAKED FISH FILLETS

1 pound Saskatchewan Whitefish Fillets,
1 cup milk,
1 tablespoon salt,
Fine dry bread crumbs,
1 tablespoon oil or melted butter or bacon dripping.

Cut fillets into serving pieces. Combine milk and salt. Dip fish into milk, then into crumbs, being sure the fish is completely covered with crumbs. Place in a greased baking dish or an oven proof platter, sprinkle with fat and brown quickly in a very hot oven (500°) 10 to 20 minutes. Do not add water. Serve with lemon butter sauce, almond butter sauce or melted butter. Serves two.

BAKED FISH WITH VEGETABLES

1 fish of about 4 pounds,	3 carrots,
Celery,	Can of tomatoes,
Parsnips,	2 onions,
Half small cabbage,	6 potatoes,
$\frac{1}{2}$ cup vegetable oil,	Can of peas,
	1 cup water.

Prepare raw vegetables, slice and place in roaster. Add peas, tomatoes and water. Place split fish on top, fleshy side up. Sprinkle with salt. Add vegetable oil and water. Bake in oven 1 hours at 400° . Serves six.

BAKED FISH FILLETS AND SPINACH

1 can of spinach or beet greens,
2 pounds Saskatchewan Whitefish Fillets,
 $1\frac{1}{2}$ tablespoons flour,
 $1\frac{1}{2}$ cups milk,
 $\frac{1}{2}$ cup grated cheese,
 $\frac{1}{2}$ teaspoon salt,
 $\frac{1}{4}$ cup butter.

Place spinach in baking dish. Melt butter and blend in flour and salt. Add milk and cook until thickened, stirring constantly. Add cheese and continue heating until cheese has melted. Pour sauce over spinach. Place fillets on top and bake in a moderate oven (370°) 30 minutes. Serves six to eight.

Baked Stuffed Fish

Clean as directed. Rub with salt and fill with any desired stuffing. Place on a well-greased baking sheet. Bake 10-15 minutes in a very hot oven (500°) then reduce heat to 400° and bake 30-45 minutes. A very heavy piece of wrapping paper may be greased and placed on the pan under the fish. This makes it easier to remove. For variety, use different stuffings.

Stuffings for Fish

Bread

2 cups fine soft bread crumbs,
1 teaspoon grated onion,
 $\frac{1}{2}$ teaspoon salt,
3 tablespoons melted butter,
 $\frac{1}{2}$ cup chopped celery,
1 tablespoon lemon juice,
2 tablespoons water.

Combine ingredients lightly. This is sufficient for a three to four pound fish.

Mushroom

Omit lemon juice and add $\frac{1}{2}$ to 1 cup peeled chopped mushrooms previously sauted in the melted butter.

Savory

Omit lemon juice. Add 2 tablespoons minced parsley, $\frac{1}{4}$ teaspoon celery seed, $\frac{1}{4}$ teaspoon summer savory.

Sweet Pickle

Omit lemon juice. Add $\frac{1}{4}$ cup chopped sweet pickle.

Oyster

Use fine cracker crumbs. Omit onion. Add $\frac{1}{4}$ cup chopped oyster and $\frac{1}{2}$ cup oyster liquor.

Boiled FISH IS A Favorite

LEAN fish is more adapted to this type of fish cookery as it does not tend to fall apart as readily as the fat types. Whole fish, fillets or slices may be used. Wrap the fish in cheesecloth or place fish on a plate and wrap both in cheesecloth. Lower into boiling water seasoned with $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ tablespoon lemon juice or vinegar for a quart. Simmer, allowing 6 to 10 minutes per pound for whole fish, depending on thickness; allow 10 to 20 minutes for slices or fillets. Boiled fish is "pepped up" considerably by being served with a sauce.

BOILED FISH WITH EGG SAUCE

3 pounds northern pike or other fish,	1 tablespoon flour,
1 tablespoon butter,	1 cup hot fish stock,
	1 egg yolk.

Clean and salt fish and simmer for 30 minutes. Melt butter, add flour and 1 cup hot fish stock. Remove from heat and pour gradually over beaten egg yolk. Pour white hot over boiled fish. Garnish with parsley. Serves six.

PICKLED FISH

4 pounds fish—trout or northern pike,	2 tablespoons mixed pickling spices,
2 large onions, sliced,	1 tablespoon sugar,
1 quart water,	$\frac{1}{2}$ lemon—sliced.
1 cup vinegar,	

Clean fish without removing skin or bones. Slice and season with salt. Cook onions in water 20 minutes. Add vinegar, spices tied in a bag, sugar, lemon and fish. Boil for one hour, remove fish, strain liquid and pour over fish. Store in liquid in a stone crock. Serves eight.

EVERYONE ENJOYS



Broiled FISH

Whole Fish

- Split fish after cleaning, remove head and tail. Sprinkle with salt, pepper; brush well with vegetable oil or dripping; arrange on a greased broiler flesh side up. Place 3 inches below heat. Broil 10 minutes. Turn and broil just long enough to make skin crisp and brown.

Slices and Fillets

- Broil same way as for whole.

BROILED SASKATCHEWAN WHITEFISH FILLETS

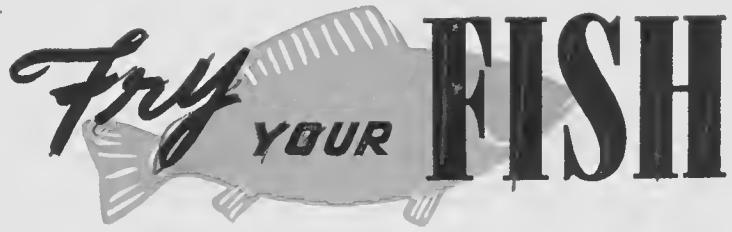
4 Fillets (split),
4 tablespoons butter,
8 slices bacon (crisp),

8 slices toast,
Watercress or parsley.

Broil fillets until brown. Serve on hot toast with slice of bacon. Garnish with watercress or parsley and lemon. Serves eight.

How to Remove Fish Odors

- Rub hands and utensils well with moistened salt before applying any soap.
- Rinse dishes in salt and warm water before putting them in the dish water.
- Save that used lemon rind to rub over hands, to sweeten after all cooking is finished.



Fry YOUR FISH

Fried in Deep Fat

- Cut fish into slices or steaks. Dry, season with salt, pepper, dip in fine dry bread crumbs, then in egg beaten with 2 tablespoons water, then again in crumbs. Lower carefully into fat hot enough to brown a cube of bread in 60 seconds. Cook from 5 to 7 minutes, lift out, drain on absorbent paper.

Panned or Sauted Fish

- Cut large fish into steaks, leave small fish whole. Roll in flour or cornmeal. Heat 2 or 3 tablespoons cooking oil or bacon fat in heavy frying pan. Brown on one side before turning.

SAUTED SASKATCHEWAN FISH FILLETS

Let stand at room temperature one hour, cut in serving pieces. Dip in fine soda biscuit crumbs, then in egg beaten with 2 tablespoons water, then again in crumbs. Heat 3 tablespoons of bacon fat in heavy frying pan. Place fish in pan, brown on one side before turning. Serve immediately. Garnish with lemon slices.

FISH CROQUETTES

2 cups flaked fish,	1 cup white sauce,
1 teaspoon onion juice,	Cracker crumbs,
Salt and pepper,	1 beaten egg.
Chopped parsley if desired,	

Mix fish with seasonings, add to white sauce and chill. Mold into croquettes. Roll in cracker crumbs, dip in egg and roll in crumbs again. Fry in hot deep fat, 3 minutes or until brown. Makes six croquettes.

FISH DISHES

that are different



FISH FRITTERS

1 pound cooked fish, marked with fat,	$\frac{1}{2}$ teaspoon salt,
3 eggs, separated,	$\frac{1}{2}$ teaspoon pepper,
3 tablespoons flour,	1 tablespoon minced parsley (if desired).

Beat egg yolks until light and thick. Add fish, flour and seasonings. Fold in stiffly beaten egg whites. Drop by spoonful into hot deep fat (360° - 370° F.) and fry until brown. Serves four. May be served with tomato catsup, tartar or egg sauce.

FISH CHOWDER

$\frac{1}{4}$ pound fat salt pork,	$1\frac{3}{4}$ cups milk
2 onions, sliced,	1 teaspoon salt,
3 cups uncooked potatoes cubed,	1 tablespoon butter,
4 cups boiling water,	1 tablespoon flour,
3 pounds fish,	Parsley if desired.

Cut salt pork into small pieces and fry slowly in soup kettle. Add onions and cook 5 minutes. Add potatoes, boiling water and fish cut into small pieces. Simmer until potatoes are soft. Add milk and seasoning. Melt butter and blend in flour. Add gradually to chowder stirring until slightly thickened. Cook 5 minutes longer. Serves eight.

SMOKED FISH

Smoked fish are generally eaten without further cooking, but may be cooked if desired, and served in several ways.

The method generally used is as follows:

Place fish in baking pan, cover with water, let come to boiling point, simmer a few minutes. Drain off water, dot with butter, add one cup rich milk and place in oven to thoroughly heat. If desired the milk may then be slightly thickened and poured over fish when serving.

STEAMED SMOKED FILLETS

1 pound Saskatchewan smoked fillets,
Juice of 1 lemon,
Pepper,
Butter,
 $\frac{1}{2}$ cup rich milk,
1 tablespoon butter,
1 tablespoon flour.

Arrange smoked fillets in a pan, pour over the lemon juice and add pepper to taste and piece of butter. Steam half hour, then remove fish from pan and to the liquid add milk. Thicken with butter and flour. Pour sauce over fish. Serves four.

SMOKED WHITEFISH SALAD

1 pound smoked whitefish,
1 cup wine vinegar,
Salad greens,
Place whitefish in vinegar
for 1 hour,

Drain well.
Serve on salad greens,
Serves eight.

FISH SALAD

1 pound flaked cooked fish,
2/3 cup diced celery or cucumber,
1/3 cup diced tomatoes, or chopped sweet pickles,
2 hard cooked eggs, diced,
2 teaspoons lemon juice,
Mayonnaise.

Combine above, using enough mayonnaise to moisten. Serve on salad greens. Serves four.



WHAT TO SERVE WITH FISH

Lemon Butter

$\frac{1}{2}$ cup butter,
3 tablespoons lemon juice,
Cream slightly softened butter,
Add lemon juice gradually as it becomes pliable.
Serve on fish.

Parsley Butter

Reduce lemon juice to 2 tablespoons in above lemon butter recipe and add 1 teaspoon salt and 1 tablespoon minced parsley.

White Sauce

2 tablespoons butter,	1 cup milk,
2 tablespoons flour,	Salt and pepper.

Melt butter, blend in flour, add milk, stir until thickened.

Draun Butter Sauce

Substitute boiling water for milk in above. Then add one tablespoon additional butter in small pieces.

Cheese Sauce

$\frac{1}{4}$ - $\frac{1}{2}$ cup grated cheese added to white sauce.

Tomato Sauce

Canned tomato soup makes a satisfactory sauce, thinning if desired.

Creole Sauce

To tomato sauce add some chopped green pepper, a stalk of chopped celery and a slice of chopped onion.



MANY of our rural residents are now able to buy "round fish" frozen during the winter months. This frozen fish will be fresh as long as it remains frozen, but as most farm people have not the facilities for keeping it in this state when warmer weather arrives, some other means of preserving must be followed.

Canning is the answer, but many women find this a problem. One of the problems to be confronted in canning fish is the softening of bones. We expect them to be soft because we have found them so in commercially canned fish. This can be easily accomplished at home if a pressure cooker is available, for it is the higher temperature that is obtainable when canning is done under pressure that accounts for the softened bones. Commercially canned fish is all canned in pressure canners.

However, as too few people have access to pressure canners, other means have to be resorted to to soften the bones. This may be done in one of three methods:

- (1) $\frac{1}{2}$ tablespoon vinegar may be added to each pint jar. Some people find this objectionable.
- (2) Remove the bones before packing in jars.
- (3) Process the fish for five hours.

Method of Procedure for Hot Water Canning

- (1) Allow frozen fish to thaw somewhat as it will be easier to work with.
- (2) Scale and clean.
- (3) Remove bones if desired.
- (4) Soak in a weak brine of 1 tablespoon salt to 1 quart of water, for an hour.
- (5) Drain fish well.
- (6) Pack in sterilized jars to about 1 inch to top of jar.
- (7) To a pint jar add $1\frac{1}{2}$ teaspoons salt and 1 teaspoon salad or cooking oil. Also $\frac{1}{2}$ tablespoon vinegar if desired.
- (8) Adjust rubbers, glass tops and partially seal.

- (9) Place jars on a rack in a canner or wash boiler that is filled with enough water to come well over tops of jars.
- (10) Bring water in canner to a vigorous boil and keep boiling rapidly during processing time.
- (11) Boil pint jars 3 hours and 45 minutes. Boil quart jars 4 hours.
- (12) When processing time is completed remove jars from canner, tighten the tops.
- (13) Invert and cool.
- (14) Store in cool, dry place.

Fish Canned in Tomato Sauce

- (1) Prepare fish for canning and pack in sterilized jars.
- (2) Pack the fish into jars within 1 inch of tops.
- (3) Lower jars into a kettle containing enough brine to come up over the tops of the jars. The jars have no tops on and the brine is $\frac{1}{4}$ pound salt to 1 gallon water. Bring the brine to a boil and boil for 15 minutes.
- (4) Remove jars, invert over a wire series. Allow to drain thoroughly. Discard drained liquid.
- (5) Turn jars right side up, fill with hot tomato sauce.
- (6) Partially seal jars, process in hot water bath for 3 hours and 45 minutes for pint jars.
- (7) Remove, seal, test for leaks.
- (8) Store in cool dry place.

Tomato Sauce

1 gallon tomato juice,	$\frac{1}{4}$ oz. ground horseradish,
6 tablespoons spiced vinegar	2 tablespoons minced onion.
(that off spiced pickles may be used)	

Mix ingredients together. Boil until it is reduced to half its original volume. Fill jars with this in which fish is packed. This will be sufficient for 1 dozen pint jars. To take about 25 pounds, round weight of fish for 12 pints.

Note: When home canned fish is opened for use it is wise to empty it in an open saucepan and heat it to the boiling point uncovered, for 15 minutes. If it is to be served cold, it may be chilled again after this process.

DEVELOPING FISHING *Saskatchewan's* **INDUSTRY**

Security for Our Fishermen

COMMERCIAL fishing operations occupy a major position in Saskatchewan's economy. More than 4,000 men and women are directly engaged in the industry during the fishing season. Many hundreds more are employed indirectly.

Living in the heart of the prairie grain belt where the main concern is with the prospects of a bumper autumn harvest, many do not realize the size or importance of Saskatchewan's commercial fishing operations. We are inclined to forget that we are all partners in Saskatchewan's natural resources, that we own the fish found in our lakes and streams, just as we own the forests and minerals.

In the lake-dotted northland, where the industry means food, clothing and the comforts of home for the fisherman and his family, it is, of course, a different story. There, everyone realizes that millions of pounds of delicious, tasty fish from Saskatchewan's northern lakes are purchased annually by the home and United States markets.

To bring real security and stability to the fishing industry, the Department of Natural Resources and Industrial Development has embarked upon a concrete program to re-vitalize the fishing industry. It has followed a course outlined by its minister, Hon. J. L. Phelps, when he said: "The Government of Saskatchewan bases its policy of natural resources development on its belief that these resources belong to the people of the province and may not be exploited as a special privilege for the financial benefit of a small minority."

Foremost in the government's plans has been the establishment by the Natural Resources Department of the Saskatchewan Fish Board

as a branch of the Saskatchewan Lake and Forest Products Corporation, and the construction and operation by the Board of fish filleting plants in the north.

The Saskatchewan Fish Board purchases fish directly from Saskatchewan fishermen at honest prices which guarantee them a more dependable income, and markets it at prices which conform to every household budget.

The two fish filleting plants built by the government at Lac la Ronge and Beaver Lake have been in operation since December, 1945. Present plans call for the construction or operation of several more. It is planned to operate these socially-owned plants during the whole year, thereby making the fishing industry more than a seasonal occupation. In addition, the government plans an experimental portable filleting plant, a smoking plant, and a refrigerator truck, all with the most up-to-date equipment in Canada. Action is being taken to secure roads and open up new lakes. Through new sales arrangements, Board fish will be sold in every province in Canada and in the largest cities in the United States.

The motivating principle behind these socially-owned enterprises is the funneling of benefits from the use of natural resources away from a few individuals and towards, first, the producer, and secondly, the people of Saskatchewan as a whole. Returns from the handling of fish by the Province go to producers in the form of higher prices.

The next time you buy Saskatchewan round or dressed fish, or fish fillets, remember that you are not only receiving excellent quality fish at a fair price, but also helping to develop an important Saskatchewan industry and contributing to your own social security.

PROCESSING

Saskatchewan's

QUALITY

WHEN you cook fish—whether you fry, boil, bake or broil it—do you ever wonder how the wheels of Saskatchewan's fishing industry go round?

Where are Saskatchewan fish caught for commercial use? How are those round or frozen fish rushed from the north to your dinner table? Perhaps you sometimes wonder how those appetizing fillets you buy at the corner store or at your co-op are processed?

In the past, difficulties of preservation and transportation limited the distribution of fresh fish largely to coastal areas. Inlanders had to be content with salt fish.

Today this is changed. We have an abundance of high quality fish in our province. Whitefish, trout, pickerel, northern pike, tullibee, sturgeon, goldeyes and perch are found in the 13,725 square miles of lakes and rivers in Saskatchewan. Methods have been developed whereby people living hundreds of miles from the deep, cool northern lakes can get fish as fine and tasty as if they had just caught it themselves on the shores of Lac la Ronge or Beaver Lake.

Saskatchewan's socially-owned fish filleting plants, where speed and sanitation are the watchwords, use the modern method of food preservation, quick freezing, and the modern method of transportation, air, to supply both local and American households with a high quality fish product as fresh as the moment it was caught in the fisherman's net.

When the newly-caught whitefish arrives at the filleting plants, it is started on the production line immediately, to emerge shortly after as gleaming white fillets ready for cooking. Placed in huge galvanized vats where ice water constantly pours over it, the whitefish

becomes chilled before expert hands with flashing knives cut the fillets from the fish. Only the solid all-meat portions of the fish come off the end of the production line. Skins, scales, insides, bones, head and tail are removed. This filleting process eliminates waste at the source and cuts down transportation costs, for the inedible 50% of the fish is not shipped.

After filleting, the fish is candled individually over a very strong light and impurities are removed. The fillets are then quickly weighed, and packaged in spotless protective cellophane wrappers bearing the seal of the Government of Saskatchewan. After being packed neatly in uniform layers in white wax-covered sanitary cartons, the fillets are ready for the quick-freezing process that guarantees that smack-out-of-the-water flavor that makes fresh-caught fish so delicious.

The Government-processed fillets will appeal to the housewife. Attractively packaged, clean and protected, they are ready to cook in a jiffy without fuss or bother. She is not paying for waste either. The pound of fish she paid for is the pound her family eats.

You own these fish filleting plants—patronize them!

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FOR

**THE DEPARTMENT OF NATURAL RESOURCES
AND INDUSTRIAL DEVELOPMENT**

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